

FLU (INFLUENZA)



Fact Sheet

Influenza spreads when someone with the illness coughs, sneezes or talks, and small droplets get into the nose or mouth of someone close by. Less often a person might get the flu by touching a surface that has flu virus on it and then touching his/her own mouth, nose or eyes.

SYMPTOMS:

Symptoms of influenza usually start suddenly and include:

- Fever
- Cough
- Sore throat
- Muscle / body aches

See your health care provider for symptoms that are severe or do not get better.

If you would like to learn more about this, and other communicable diseases, go to <http://www.cdc.gov>.

This fact sheet was created by the Health Services Department of Beaverton School District and has been approved by the Washington County Health Department, Disease Control and Prevention Program.

HOW TO PREVENT GETTING AND SPREADING FLU:

Preventive measures are by far the best way to minimize spread of flu at school:

- **Get yourself and your child(ren) vaccinated if you have not yet had a flu shot this flu season.** Please contact flu.oregon.gov to search for the nearest location that offers the flu vaccine.
- **Stay home/keep kids home if sick.**
- Cover your mouth and nose with a tissue when coughing or sneezing. If you don't have a tissue, cover your mouth with your sleeve.
- Wash hands often.
- Clean and disinfect frequently touched surfaces.

Flu can be serious and result in hospitalization or death. Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications. The best way to prevent the flu is by getting vaccinated each year.

